

October 24, 2014

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

BOONANZA
Sat, October 25th
11a-1p
CG Hanger 3172

OCAC's
treat-filled
pumpkin
giveaway!

Local Resource Vendors

- Creepy Crafts
- FREE Ghoulish Hotdogs!
- Spooky Games
- Kids Costume Contest
- Bounce Houses

BOONANZA

SAT 25 OCT from 11 am—1 pm

Open to all MWR Authorized Patrons
@ CG Hangar 3172 on Joint Base Cape Cod
(For GPS address is
3172 Burge Boulevard, Buzzards Bay)

Costume contest, Crafts, Games, food and more,
including 500 treat-filled pumpkins
provided by Otis Civilian Advisory Council through the
Cape Cod Military Support Fund

For more information contact [Candy LeBlanc](#) by
email or call 508-968-6446

HARVEST HAPPENINGS

SAT 25 OCT
from
4:30—8:30 pm

Come aboard the
USS Constitution
to celebrate the
season!

Reservations
required by calling
the USO @
617-720-4949

A special evening for military families ...

HARVEST HAPPENINGS

at the Constitution Museum and aboard America's oldest warship afloat, USS CONSTITUTION

- ✦ Trick or Treat through time
- ✦ Seafaring stories on the berth deck of Old Ironsides
- ✦ Sip "grog" and fill your belly with great grub
- ✦ Make a scurvyspider web, build a sea monster,
and enjoy many other fun activities and crafts

SATURDAY, OCTOBER 25TH, 2014

4:30-8:30 P.M.



This event requires advanced reservations and is ideal for kids 5-12

For event details and reservation information visit www.facebook.com/NewEnglandUSO
or by calling the USO at 617-720-4949



Good to Know

Federal Employees: Open Season MON 10 NOV—MON 08 DEC

Things to Consider:

- My family's health, dental, and vision needs for 2015
- Whether my current plan will be available in 2015
 - If I do nothing, FEHB and FEDVIP enrollments rollover automatically
- How my current plan's benefits and premiums change in 2015
- Whether the online comparison tools show a better plan for me
- How much money I could save with a flexible spending account

More Information go to www.opm.gov/openseason

To Enroll, Change or Cancel:

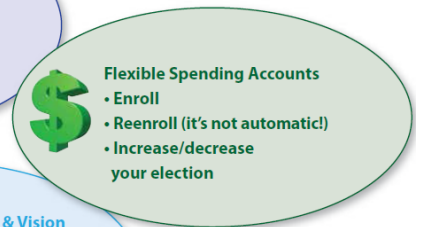
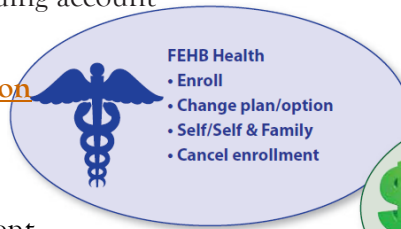
FEHB HEALTH: Use your agency's online enrollment system or contact your human resources office.

FEDVIP Dental and/or Vision:

www.BENEFEDS.com or 1-877-888-3337

FSAFEDS Flexible Spending Account:

www.FSAFEDS.com or 1-877-372-3337



US Family Health Plan Representative at Joint Base Cape Cod

The 102nd Medical Group is excited to announce that Mr. James Souza, US Family Health Rep, will be hosting walk in hours, once a month, at the 102nd Clinic. Mr. Souza can assist all members with enrollment options for both member and family, changes of Primary Care Managers, billing issues, referrals, specialty care, etc. With Tricare closing all regional offices, this is a great resource for all!

Schedule as follows:

14 Nov, 0900-1500
12 Dec, 0900-1500
23 Jan, 0900-1500
20 Feb, 0900-1500



**US FAMILY
HEALTH PLAN**

No appointments necessary.

If you have any questions, please contact SMSgt Cynthia Thomas at 508-968-4083.

SAVE THE DATE: Career Transition Series

Session 1: Inventory of Skills THU 06 NOV

Session 2: Networking THU 13 NOV

Session 3: Developing a Resume & Interviewing
THU 18 NOV

Military personnel and veterans of all branches are welcome to attend.

All workshops are located at Mashpee Public Library.
RSVP to [Jill Blanchard](#)

Presented by Dan Riley, in association with Cape & Islands Veterans Outreach Center, hosted by the Grace Program.

For The Kids



Operation Tribute Registration OPEN!

DEADLINE: SAT 01 NOV

Operation Tribute is accepting registrations for holiday gifts to children of military families! Last year, the program provided over 35,000 gifts to over 1,800 cities and towns! Every child that registered for the program received a gift!

The program is NOT based on need. The people of Operation Tribute issue the gifts as a way of showing appreciation for the

bravery and courage exhibited by our children. Even if the military parent is not currently deployed, the child will be given a top quality gift.

There will be no wish lists. Each gift will be sent to the child, individually wrapped and shipped, even if there are multiple children in a household. The package will include a letter of thanks and appreciation for all they sacrifice for having a parent in the military.

Military service men and women who are interested in participating will have until November 1 to provide their name, rank, unit, address, phone number, email address, child's name, age, gender, and shipping address. This can be done by registering online at www.OperationTribute.com or by calling a separate, dedicated line (207-221-0296). All information is kept strictly confidential.

Operation Tribute is a first-come, first-serve program and monies to support this project will come from corporate sponsors, individuals, and other organizations all over the Commonwealth of Massachusetts who want to participate. If you know of any businesses or donors that would be interested in donating to Operation Tribute to ensure that no child is refused a gift, please call 207-221-0296 or donate online at the website. Also, if you are interested in volunteering to help, please give them a call.

Operation Homefront Seeks Military Child of Year Nominations

Officials of the nonprofit organization, which provides aid to service members and their families, said they understand what military children go through in supporting their service members and want to recognize their contributions.

Parents, grandparents, Scout leaders, teachers, counselors, priests, rabbis, imams, pastors and others can nominate a military child for the honor.



Operation Homefront presents the award to an outstanding military child from each branch ~ Army, Navy, Marine Corps, Air Force and Coast Guard, honoring the award winners at the organization's annual gala in the nation's capital.

Nominees selected as finalists must provide letters of recommendation and agree to a background check. Winners receive the award, a \$5,000 cash prize and a laptop computer. Nominations close Dec. 12.

**Operation Homefront's
Military Child of the Year®** [SEE FULL DETAILS ONLINE](#)

Employment Opportunities & Job Search Resources

Veterans Job Search Strategy Session

WED 19 NOV from 9–11 a.m. @ Hyannis Career Opportunities

The first step to finding and getting your next job! RSVP as soon as possible to:
Mike Swaney, Veterans Employment Rep 508-862-6127

Hot Jobs!

Find a job today!

Go to [MA One Stop Career Centers](#) to look for jobs now! Opportunities include currently hiring full time & seasonal positions.

NOW HIRING:

Allied Barton

Marlborough
Security Officers

www.jobs.alliedbarton.com, Keyword: Marlborough

Beth Israel Deaconess Hospital Plymouth

Plymouth & Duxbury

68 current openings

BIDPlymouth.org

Ocean Spray

Lakeville, Carver & Middleboro

17 Current Openings

OceanSpray.com

Clean Harbors Environmental Services

Locations throughout MA

43 current openings

Massachusettsjobnetwork.com

Jobs at Cultural institutions in MA:

<http://www.hireculture.org/>

Jobs at Non-profits:

<http://www.idealists.org/>

<http://opportunitynocs.org/>



Facebook & Your Job Search

Facebook is a powerful tool when it comes to finding a job. It can either help or hurt you, depending on how you use it. This guide includes two articles:

- 8 Vital Things To Do On Facebook When You're Looking For Work
- This Is How You Use Facebook To Find A Job

Learn how to use Facebook to your advantage today!
Download this Guide off LinkedIn:

<http://bit.ly/1Dxv7m>

VA Plans a Healthcare Hiring Spree!

VA Officials should know by the end of this year, or early 2015, how many clinical and support staff it must hire. Rough estimates say the listing will have approximately 28,000 vacancies.

More at military.com

Federal Resume Writing and USA Jobs

THU 06 NOV 12:30—4:00 p.m. @ Hanscom AFB

Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills & keywords to include, how to write accomplishment statements, resume builder formats & more.

Pre-Registration is required. Call (781) 225-2765 or email 66.fss.fsfr.cmb@us.af.mil

Serving the Total Force.....Programs Are Free to All Active Duty, Reserve and Guard Personnel, DoD Civilians, Retired Military Personnel and Family Members

Veterans

Vets Survive and Thrive Retreat

Women's Retreat—SAT 25 OCT

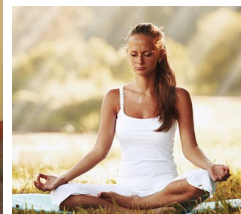
Men's Retreat—SAT 01 NOV

@ Ballymeade Country Club, Falmouth

Join in this relaxing, educational, and fun, one-day retreat where you will learn tools and techniques that are simple to apply to everyday life and will help rediscover feelings of joy and personal empowerment.

Participants will learn how to:

- 1) Alleviate anger, depression, guilt, worrying and paranoia
- 2) Sleep at night
- 3) Get your message across effectively and clearly
- 4) Break down communication barriers to feel heard and understood
- 5) Polish your communication skills to include not only paying attention to the words you say and the way you say them, but taking into account the way others listen



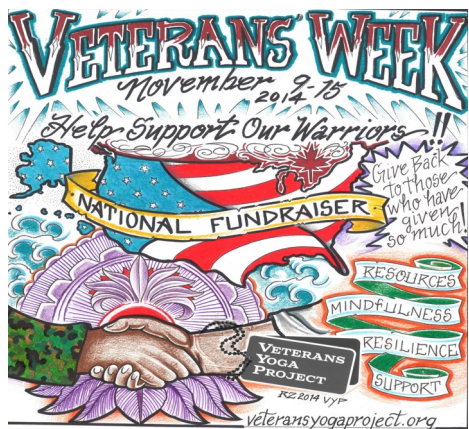
*****No cost for military women and vets*** Call today to reserve your spot. Limited space!**

Contact information to reserve your spot: Jill Blanchard, jill@graceveterans.org, Cell- 774.238.8417 or Office 774.470.4971 OR Joanie Winberg, jw@joanwinberg.com, Cell- 508.404.9070

Operation Flags for Vets

SAT 08 NOV @ 10 am

Operation Flags for Vets will place flags at each of the 57,000 graves at the MA National Veterans Cemetery in Bourne for Veterans Day. The volunteer project was initiated by Paul Monti, father of Jared, a soldier who died in Afghanistan in June 2006 and was later posthumously awarded the Medal of Honor for bravery in trying to save the life of a wounded comrade. Prior to placing the flags there will be a brief ceremony at the cemetery entrance. Arrive early since there are many volunteers and parking can be difficult.



Yoga Class

TUE 11 NOV from 8:30—9:30 a.m.

Mashpee Fitness Center, Mashpee MA

Complimentary for all veterans

Open to all - experienced or first time

Suggested donation \$15.00 or more

Checks made payable to VYP (Veterans Yoga Project) can be dropped off at Mashpee Fitness Center or New Seabury Country Club - Pro Shop

Plymouth Regional Veterans Expo

SAT 15 NOV from 10a.m.—2 p.m.

@ Plymouth North High School, Plymouth

Jobs & Benefits Fair!

- ◇ Free food & Live music! Kids Fun Zone!
- ◇ Jobs & Employers! Door Prizes & gifts
- ◇ Enroll for VA Healthcare & Benefits
- ◇ Free Health checks & VA Claims! Legal & Financial Services
- ◇ Bring Resumes & DD214s

Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



Requests to be
added or removed
from this
distribution list
may be sent
directly to [Erin](mailto:erin.creighton@ang.af.mil).

Erin Creighton
Program Manager
102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855
Fax: 508-968-4846
erin.creighton@ang.af.mil

Military Deer Hunt

FRI 05 & SAT 06 DEC on Joint Base Cape Cod

Camp Edwards, in cooperation with the Division of Fisheries and Wildlife, is sponsoring a special hunt open to members of the US Military.

Veterans and Currently Serving or Retired Military

- Can bring any DEERS-enrolled dependent or one non-dependent child (age 17 and under).
- Ages 15-17 requires a youth hunting license.

Follow Signs on Connery Avenue to Check-in Station.

- Required to present hunting license, FID, and proof of military service.

For more information go to Mass.gov



Heroes of Cape Cod and Islands 2014

Do you know a person who has performed an extraordinary act of courage to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a special cause?

The American Red Cross Cape Cod & Islands Chapter would like to honor and celebrate these individuals at the 13th Annual Heroes of Cape Cod and Islands. Breakfast on Friday, April 10th, 2015 at the Resort and Conference Center at Hyannis from 7:30 a.m.-9:00 a.m.

HERO CATEGORIES:

Life Saving Hero

Community Service Hero

Individual with Disabilities Hero

Armed Forces Hero

Professional Hero (Fire, Police, EMT, Dispatch)

Youth Hero

APPLICATION NOMINATION GUIDELINES:

Heroic event must be ongoing or have occurred between December 1, 2013 and December 21, 2014. Hero must have a connection to Cape Cod, the Islands or the South Coast of Massachusetts.

Deadline to submit: December 28, 2014

The Red Cross touches lives in our community every day through programs and services such as disaster relief and health & safety training. As an organization committed to helping the community, the Red Cross is honored to salute individuals who are making a difference through their actions.

Questions? For more information call (508) 775-1540 or visit www.redcross.org/CapeCodandIslands

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